

CHS CHECKUP



A publication by and for employees of the Kentucky Cabinet for Health Services

Jan. 15, 2002

NEWS BRIEFS

KING HOLIDAY

State offices will be closed Monday, Jan. 21, in observance of Martin Luther King, Jr. Day. The state will hold its Martin Luther King, Jr. Celebration on Wednesday, Jan. 16 at the Farnham Dudgeon Civic Center. The reception will begin at 5 p.m. and the program will start at 6 p.m. Guest speaker will be Beverly Watts, Executive Director of the Kentucky Commission on Human Rights. The celebration is free and open to the public.



TIP OF THE WEEK

If your body isn't exercised regularly, it probably doesn't use oxygen very efficiently. Your muscles need that oxygen. Without it, when you need muscle power, you don't get it, and you tire quickly. What's more, even as your muscles sag, so does your self-image. Your emotional state can become a mirror image of your physical condition, adding to your fatigue. That's why exercise benefits you in two ways. First, it improves your physical condition, enabling your body to more efficiently deliver oxygen to your muscles, increasing your endurance. Second, exercise stimulates an overall feeling of well-being.

CHS Employees Asked To Think About Spending and Saving

During these lean financial times, the Cabinet is calling on employees to think up cost-saving measures. And through the Employee Suggestion System, employees can actually make money if their ideas save a substantial amount for the agency.

Employees should think about their own jobs and constantly assess whether changing procedure or eliminating expenditures can save money. For instance, maybe staff could share one hotel room rather than get two or the office could order one variety of pen instead of six. Ask frequently contacted groups or businesses if they have a toll free number that can be used to call them to avoid long distance charges.

Also, question whether specific program tasks that require significant resources are required by regulation or have simply become

habit. Can these tasks be accomplished in a new way?

Employees are not limited to thinking about cost-savings in their own jobs/departments, however. Suggestions on

how to save money in any area can be submitted to the Kentucky Employee Suggestion System and employees may be awarded \$100 to \$2500 for their ideas. Ideas that result in cost reductions, cost avoidance or for ideas that would improve the operations of a process or program, improve public relations, safety or effectiveness of operations are eligible for consideration and awards.

Information on how to submit a suggestion to the system can be obtained on the Cabinet Intranet site under the personnel topic (<http://chsnet:2001/employees/personnel/>).



Employee Health Program Starts

An initiative to promote healthy lifestyle choices for CHS employees will kick-off this month, including new healthier food options in the cafeteria and food and wellness classes. The initiative was generated through a partnership of cabinet employees.

One of the highlights will be weekly healthy specials at the cafeteria. For example, this week

baked potatoes will be on special and customers have the option to dress the potato with cheese, broccoli, carrots, or other toppings.

The committee is also working together to give the cafeteria a "face-lift" in terms of healthy food choices. The Employee Wellness

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"...promoting and safeguarding the health and wellness of all Kentuckians."

Two CHS Employees Receive Cash Awards For Savings Ideas

Health Services employees Stephanie Griffin Mitchell and Gary Meredith received cash awards for their cost-saving ideas at the 2001 Employee Suggestion System Awards in December.

Mitchell, with the Division of Epidemiology/HIV Branch in the Department for Public Health, received an award of \$182 for her idea to only mail HIV/AIDS quarterly reports after the second and fourth quarters for those who do not have Internet access. The idea saved \$1,821.28 in its first year.

Meredith, with the Division of Nursing at Central State Hospital,

was awarded \$979 for his suggestion to pay for after care placement upon monitoring number of days spent in a state facility instead of

paying in advance for a two-week or 30-day period that might exceed the patient's stay.

Meredith's suggestion saved \$9,785.14 in its

first year.

The Kentucky Employee Suggestion System has been reaping substantial savings from the cash incentive program since it began in 1981. More information about submitting suggestions can be found on the Cabinet's intranet site.



Meredith



Mitchell

Employee Health Program Starts

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Committee will be sending weekly e-mails to CHS employees informing them of weekly specials, that week's menu and other handy information. The e-mail will also include items that are not generally advertised in the cafeteria.

Lisa Arvin, a dietitian within the Nutrition Services Branch, will facilitate food and wellness classes beginning Jan. 29, from 12-1 p.m., with the location to be announced. The classes will meet once a week for four weeks and thereafter have follow-up sessions monthly, focusing on creating healthy lifestyles through food and wellness. Employee interest will determine whether the classes take place; please e-mail Lisa Arvin at lisac.arvin@state.ky.us if you are interested in attending.

Joseph Flara Named New Health Services Cabinet CIO

Joseph Flara has been named the new CHS Chief Information Officer.

Flara most recently served as the project manager for the Early Childhood Development data repository that will help consolidate childhood development information and provide statistical reports to public health officials across the state. This system is known as FOCUS — Furthering Our Children's United Services.

Flara represents CHS in all

Information Technologies (IT), is accountable for all IT solutions and is responsible for the effective deployment and management of all Cabinet IT business needs.

Flara, a West Virginia native, has been developing software systems for more than 20 years working in the medical, banking, brokerage, communications and film industries. He was the manager of information systems for Motorola, manager of software development for a large pharmaceutical software



Flara

company, writer and software developer at Paramount Studios, and previous owner of a software development firm, Software A' La Carte.

His expertise includes software application development, development of applications for the Internet, technical writing, large volume customer support, accounting, budgeting, planning, sales and marketing.

Flara replaces Joe Thompson, who resigned.



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